

The Healthy Self-Soothing Kit

Find a container or box of some sort. I use a cosmetic bag that fits into my purse easily. Guys, if you have a briefcase or backpack, it might work to use a small athletic bag that fits into your pack easily. Put into this container anything that might help to soothe you when your emotions are running high. You can also put something in that simply reminds you of those things or people in your life that mean a great deal to you, such as a picture or a memento. Find things that appeal to as many senses as you can - touch, sound, smell, taste (if possible), sight. Using the senses can really help to “ground” you into the here and now - keep you from being pulled away from the present moment.

Open up this kit when you are feeling frustrated, angry, scared, overly stimulated. Allow yourself to experience the sensations you have packed for yourself. As you begin to use the kit, remember to breathe. Attend to how your thoughts, emotions, and behaviors change once you have begun to take care of yourself in this way.

Examples of Self Soothing Kit items:

✚ **Favorite CD**

✚ **Worry stone**

✚ **Soft fabric**

✚ **Pictures of family or pets**

✚ **A soothing snack – caramels, hard candy, gum**

✚ **Something that smells wonderful – your favorite essential oil, cologne, or perfume, maybe a sachet**

✚ **Pictures or mementos of favorite places you’ve been**

✚ **A religious medal, rosary, prayer beads, mala beads**

✚ **Hand lotion**

✚ **Comb or brush if that feels good to massage your scalp**

✚ **A card with your favorite prayer, chant, or saying on it**

Allow yourself to think outside the box too. Practice creatively. There are as many things to put into this kit as there are ways to soothe in a healthy way.

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